

عنوان مقاله:

The study of Life Change Unit (LCU) as stressor agents among Tehran University of Medical Sciences (TUMS) hospitals' employees

محل انتشار:

اولین کنفرانس توانمند سازی منابع انسانی (سال: 1386)

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خلاصه مقاله:

Because of the effect stress has on employees' health and productivity , ways to manage stress should be particular concern to human resources managers[1].The word stress derived from the Latin word stringer which means to bind or draw tightly. It was originally used in physics and referred to the application of physical force upon an object. Physiologist professor Han Selye defined stress as " the rate of wear and tear of the body". Stress may be categorized into physical , mental , emotional and behavioral ones[2-3]. The symptoms of stress seems to be in agreement by all are sleep difficulties, migraines and headaches, neck aches and back spasms, heart irregularities, digestive problems , menstrual problems and skin disorders such as hives, acne, and other rashes[4].Stress is rampant , stress is growing and stress hurts the bottom line. Many companies understand the negative impact cumulative stress and offer programs to help employees counteract it. Since 1991, many authors have studied the physiological impact of stress on performance at both the individual and organizational levels[5]. Also, stress is a [costly and significant source of health problems and mental distress – with work cited as a primary stressor[6

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